



Carboo4U Weser Hammer Triathlon Bodenfelde 2016 plus Staffeltriathlon

Bodenfelde / 10.09.2016

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Achilles, Alexis

□□□: 2:03:17

□□: Bad Nenndorf

□□: 689

□□: 33.50 km

Carboo4u Triathlon Challenge

□□□□□/□□□: 66 (of 67)

□□□□□/□: 53 (of 54)

□□□□□□: 1:12:01

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Senioren 2 TM Jg.45

□□□□□: 8(of 8)

□□□□□□□: 1:20:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	11:48	23:36	7	3:49	43	4:37	0.50	11:48	23:36	7	3:49	55	4:37
Wechsel S -> R	-	2:58	-	7	2:13	52	2:14	0.50	14:46	29:32	8	6:02	55	6:43
Schwimmen □□□	0.50	14:46	29:32	8	6:02	55	6:43	0.50	14:46	29:32	8	6:02	55	6:43
Rad netto	28.00	1:11:48	2:33	8	22:28	53	26:47	28.50	1:26:34	3:02	8	28:30	55	32:56
Wechsel R -> L	-	1:26	-	7	0:47	48	0:56	28.50	1:28:00	3:05	8	29:16	55	33:51
Radfahren □□□	28.00	1:13:14	2:36	8	23:14	53	27:42	28.50	1:28:00	3:05	8	29:16	55	33:51
Lauf	5.00	35:17	7:03	8	13:14	54	17:25	33.50	2:03:17	3:40	8	42:29	53	51:16